

# FRESHMAN 101

**MavUp!**

# TODAY

- Who's my counselor and how can they help?
- How do grades and credits work?
- What is a transcript?
- What help can I get and where?

# WHO ARE WE?

## **Counselors**

Ms. Jukkala - 9th counselor

Ms. Schmidt - 10th counselor

Ms. O'Quinn - Career/College Counselor

Ms. Smith - School Psychologist

## **Support Staff**

Ms. Monahan - Registrar

Ms. Ochoa - ELL Family Liaison

Ms. Mishkin - Career/College Support

Ms. Bennett - Student Success Mentor

# PAIR UP!

Brainstorm with a partner:

What do counselors do and how do we help students?

(We will ask groups to share!)

# HOW CAN MY COUNSELOR HELP ME?

- At Mountainside, counselors serve students in a variety of ways such as:
  - Individual appointments
    - Post high school planning
    - Personal/Social issues
    - Scheduling
  - Group work
    - Academic
    - College/Career
  - Classroom lessons
    - Academic
    - Personal/Social
    - Post high school planning
  - School-wide events

# HOW DO I MAKE AN APPOINTMENT WITH MY COUNSELOR?

- Fill out an appointment request slip in the counseling office.
- Email us.

FYI: drop in times are available before school, after school and at lunch. No appointment needed! Just stop by and ask a question.

# HOW DO GRADES WORK IN HIGH SCHOOL?

- Grade report every 9 weeks
  - Quarter 1 - Will have 1st quarter Exploring Pathways (final grade)
  - Semester 1 (January)- final grades all classes
  - Quarter 3 - Will have 3rd quarter Exploring Pathways (final grade)
  - Semester 2 (June)- final grades all classes

AT MHS, students will receive .25 credits for each Exploring Pathways session. These grades will be transcribed.

- What is a passing grade?

# ANOTHER WAY TO LOOK AT IT....

Quarter 1 - .25 credit

Quarter 2/Semester - .25 credit/.5 credit

Quarter 3 - .25 credit

Quarter 4/Semester 2 - .5 credit

Quarter and semester  
grades go on your  
transcript!



# HOW DO MY GRADES TURN INTO CREDITS?

- Transcript - Permanent record
- Exploring Pathways
  - .25 credit for each
- All other courses
  - .5 credit per semester
- 3.5 credits per semester, 7.0 year

You will need 24 credits (at least!) to graduate!

# HOW DO I CALCULATE MY GPA?

- GPA – **Grade Point Average**
  - 4 = A                      5 = A
  - 3 = B                      4 = B
  - 2 = C                      3 = C
  - 1 = D
  - 0 = F
- Cumulative GPA = All 4 years

## **GPA SUMMARY**

| <u>HS Unwt. Cumulative GPA</u> | <u>HS Wt. Cumulative GPA</u>   |
|--------------------------------|--------------------------------|
| HS Unwt. <b>3.154</b>          | HS Wt. Cumulative <b>3.154</b> |

# WHAT'S A TRANSCRIPT LOOK LIKE?

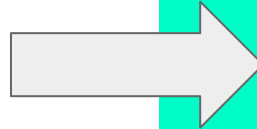
| Subject  | Course Title     | Mark            | Cred Att/Cmp |
|--|------------------|-----------------|--------------|
| <b>Southridge High</b> Yr: 2017 Month: 1 Grade: 09 |                  |                 |              |
| AA   | Computer Lit 1   | A               | 0.500/0.500  |
| SC   | Physics I        | A               | 0.500/0.500  |
| AA   | Ceramo/Sculpt 1  | A               | 0.500/0.500  |
| LA   | Lit and Comp 9   | B               | 0.500/0.500  |
| MA   | Alg/Geo/Stats II | B               | 0.500/0.500  |
| PE1  | Physical Educ 1  | C               | 0.500/0.500  |
| SS   | World History    | B               | 0.500/0.500  |
| Cred Att: 3.500                                    |                  | Cred Cmp: 3.500 | GPA: 3.286   |
| <b>Southridge High</b> Yr: 2017 Month: 6 Grade: 09 |                  |                 |              |
| AA   | Intro Business   | A               | 0.500/0.500  |
| SC   | Physics I        | A               | 0.500/0.500  |
| HE   | Health 1         | B               | 0.500/0.500  |
| LA   | Lit and Comp 9   | C               | 0.500/0.500  |
| MA   | Alg/Geo/Stats II | C               | 0.500/0.500  |
| SS   | World History    | B               | 0.500/0.500  |
| Cred Att: 3.000                                    |                  | Cred Cmp: 3.000 | GPA: 3.000   |

## Graduation Requirements - Credit Summary

| Subject Area          | Req'd         | Comp         | WIP          | Need          |
|-----------------------|---------------|--------------|--------------|---------------|
| B / FA / WL / AA / AT | 3.000         | 1.500        |              | 1.500         |
| Career Education      | 0.500         | 0.000        |              | 0.500         |
| Fitness - Required    | 0.500         | 0.500        |              |               |
| Fitness - Choice      | 0.500         | 0.000        |              | 0.500         |
| Health                | 1.000         | 0.500        |              | 0.500         |
| Language Arts         | 4.000         | 1.000        |              | 3.000         |
| Mathematics           | 3.000         | 1.000        |              | 2.000         |
| Science               | 3.000         | 1.000        |              | 2.000         |
| Social Science        | 3.000         | 1.000        |              | 2.000         |
| Electives             | 5.500         | 0.000        |              | 5.500         |
| <b>TOTALS</b>         | <b>24.000</b> | <b>6.500</b> | <b>0.000</b> | <b>17.500</b> |

## Graduation Requirements - Test History

| Test Name                | Result     |
|--------------------------|------------|
| Essential Skills Reading | Passed     |
| Essential Skills Writing | Not Taken  |
| Essential Skills Math    | Not Passed |



# WHAT IS A CAREER CREDIT?

- Advisory
- Community service
- Senior capstone
- Credit is applied to the transcript at the end of Senior Year

# HOW DO MY GRADES AFFECT MY FUTURE?

- 4 year universities
    - 3.0 +
  - 2 year
    - Oregon Promise
  - Scholarships
  - Activity/Athletic participation
  - Jobs and references
  - Car insurance
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# HOW DOES MY ATTENDANCE AFFECT MY GRADES?

- Daily attendance
  - Hear lectures
  - Get notes
  - Participate in labs/group activities/projects
  - Ask immediate questions
  - Get timely feedback

What happens if I miss school?

- Contact teacher via Canvas/email
- Check notes on Canvas
- Make up tests in a timely manner

WHAT ARE 5 WAYS THAT MY  
GRADES AFFECT MY FUTURE?

**Discuss with a partner (we will share out!)**

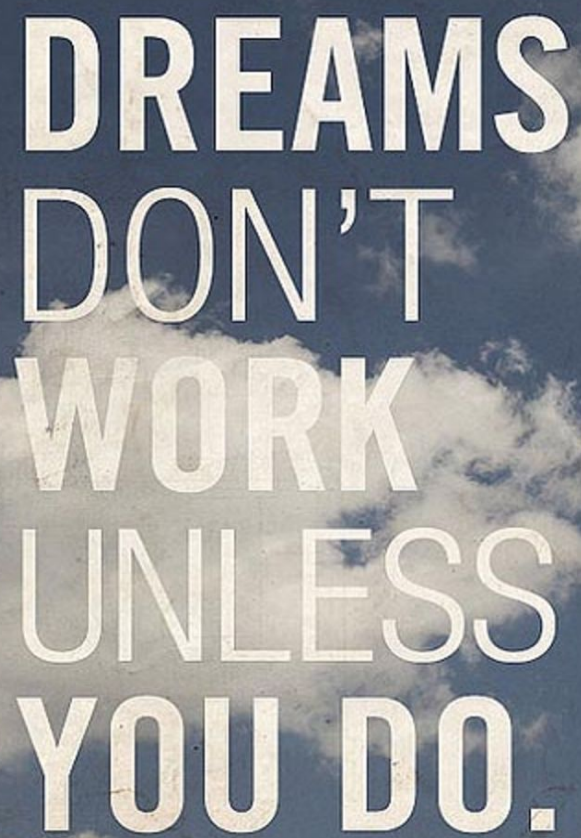
# WHAT CAN I DO TO BRING MY GRADES UP?

- Student Vue
  - Canvas
  - Advocate
    - Ask questions
    - Check Canvas
    - Attend homework club, see teacher before/after school (by appointment)
  - Use planner
  - Time management
  - Stay organized
  - Use Extended Time fully
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# HOW DO I STUDY FOR MY CLASSES?

- Keep a planner and check daily
- Quiet study place
  - Same place, same time daily
  - Go to Homework Club
- Take notes
  - Cornell notes
  - Use handouts to study
- Be positive and set a goal for your study time.
- Have resources available when you are studying
- Do Not Cram-study in small chunks the 3-5 days before your test
- Take breaks



**DREAMS  
DON'T  
WORK  
UNLESS  
YOU DO.**

# SCHOLARSHIPS AND PLANNING FOR THE FUTURE

Helpful websites:

- [collegeboard.org](https://collegeboard.org)
- [fastweb.com](https://fastweb.com)
- [getcollegefunds.org](https://getcollegefunds.org)
- [raise.me](https://raise.me)
- [Peerlift.org](https://Peerlift.org)
- [onejump.org](https://onejump.org)

JEOPARDY